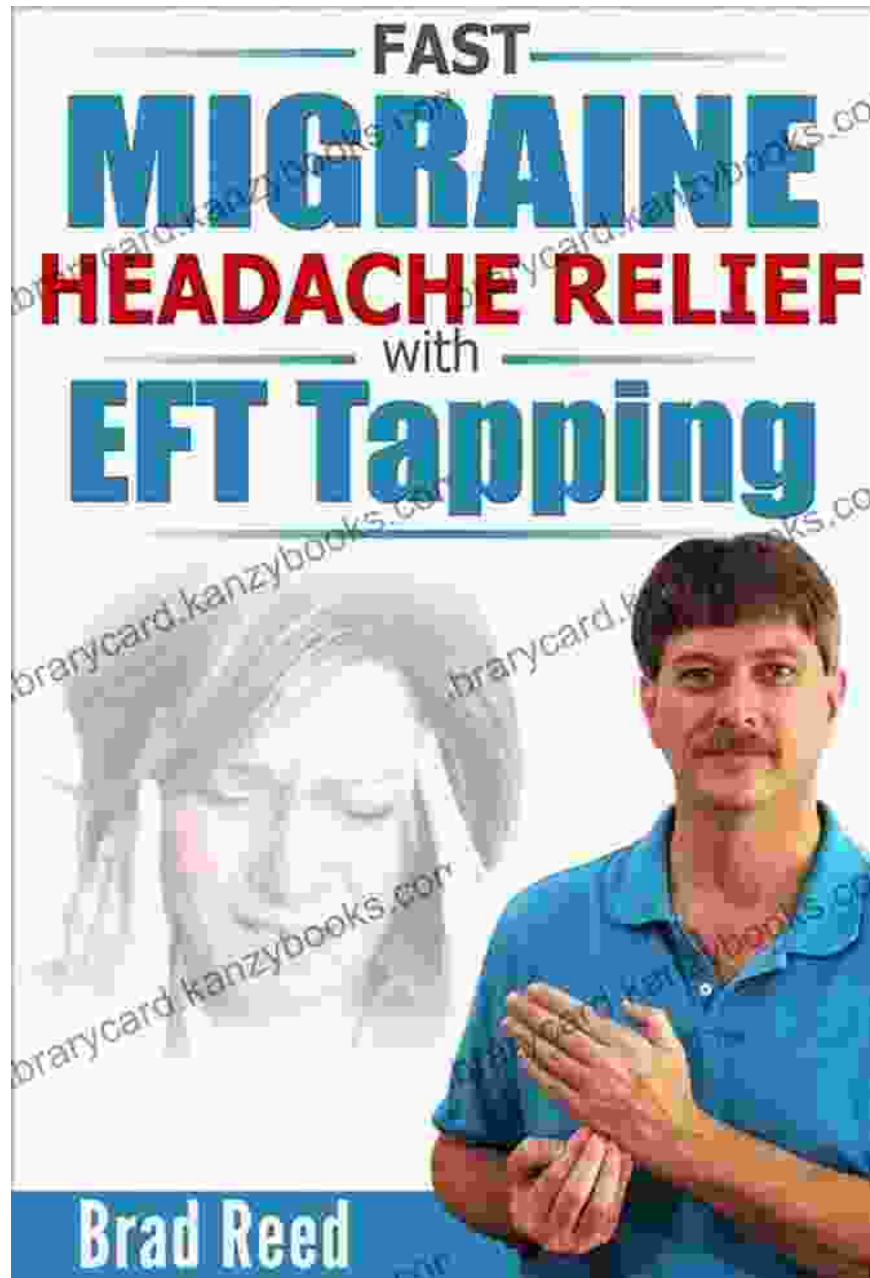


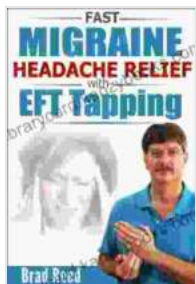
Fast Migraine Headache Relief With EFT Tapping



What is EFT Tapping?

EFT Tapping is a mind-body technique that uses gentle tapping on specific points on the face and body to release stress and negative emotions. It is

based on the principles of acupuncture, but instead of using needles, EFT uses finger tapping.



Fast Migraine Headache Relief With EFT Tapping

by Brad Reed

★★★★☆ 4.4 out of 5

Language : English
File size : 2126 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 122 pages
Lending : Enabled



How Can EFT Tapping Help Migraine Headaches?

Migraine headaches are often caused by stress, anxiety, and other negative emotions. EFT Tapping can help to release these negative emotions and reduce the frequency and severity of migraine attacks.

In a study published in the journal *Headache*, researchers found that EFT Tapping was more effective than traditional headache medication in reducing the frequency and severity of migraine headaches.

How to Use EFT Tapping for Migraine Relief

To use EFT Tapping for migraine relief, follow these steps:

1. Identify the negative emotion that is triggering your migraine headache. This could be stress, anxiety, fear, anger, or sadness.

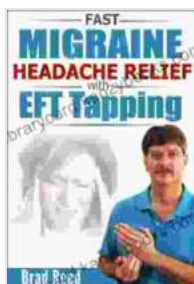
2. Rate the intensity of the negative emotion on a scale of 0 to 10, with 0 being no intensity and 10 being the highest intensity.
3. Tap on the following points on your face and body while repeating the following affirmations:
 - **Eyebrow:** Even though I have this [negative emotion], I deeply and completely accept myself.
 - **Side of the eye:** Even though I have this [negative emotion], I choose to love and approve of myself.
 - **Under the eye:** Even though I have this [negative emotion], I am safe and secure.
 - **Under the nose:** Even though I have this [negative emotion], I am worthy of love and happiness.
 - **Chin:** Even though I have this [negative emotion], I forgive myself for any past mistakes.
 - **Collarbone:** Even though I have this [negative emotion], I am open to new possibilities.
 - **Under the arm:** Even though I have this [negative emotion], I am strong and capable.
 - **Top of the head:** Even though I have this [negative emotion], I am connected to my higher power.
4. Repeat steps 2 and 3 until the intensity of the negative emotion has decreased to 0.

Tips for Using EFT Tapping

Here are a few tips for using EFT Tapping:

- Be gentle when tapping. You do not need to hit yourself hard.
- Focus on the negative emotion that you are tapping on.
- Repeat the affirmations out loud or in your head.
- Be patient. It may take some time to see results.

EFT Tapping is a safe and effective way to relieve migraine headaches. It is a simple technique that can be learned and used by anyone. If you are suffering from migraine headaches, I encourage you to give EFT Tapping a try.



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